

## In This Issue:

- President's Message.... 1
- 2012-2013 Board.....2
- Meeting Info .....3
- Campus Corner.....4
- Upcoming Events.....3
- Membership Form.....5

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# Fall OCDDA update

OFFICIAL NEWSLETTER OF THE  
OKLAHOMA CITY DISTRICT DIETETIC ASSOCIATION

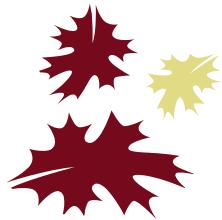
## President's Message

Welcome back OCDDA! I am looking forward to a fun, exciting year as your 2012-2013 president. A special thank you to Melissa Church, past President, who did a wonderful job leading our organization for 2011-2012.

The executive board has already been hard at work planning for this year's activities. Our Program Chair, Jessica Shaw, has some great speakers lined up for our meetings. We have already had our first member meeting which was a wonderful success with standing room only! Thank you to everyone who came out to join us. If you missed it, our speaker was Deborah Taylor, RD/LD, SNS who passionately spoke on "Combating Childhood Obesity: Are We Winning Some Battles, but Losing the War?" I know I came out of that enlightened! Thank you Deborah!

Our Public Relations Chair, Katie Soper, is already working on National Nutrition Month ideas. We are off to a great start with nearly 60 members. I know there are many more dietitian's out there that we would love to see at our meetings. If you haven't joined yet, now is the time! Our membership directory deadline will be here before you know it. You will find the membership form in this newsletter. Spread the word to your colleagues to join OCDDA. Remember, you need to be a member of ADA to join OCDDA for the yearly price of \$25 (\$12 for students). To attend meetings without joining you will pay for each meeting attended. Our next meeting in October is fast approaching. I hope you all will join us for socializing, networking and learning!

Remember to check out our (still developing) website [www.ocdda.org](http://www.ocdda.org) for meeting information, our contact information, and updates. We look forward to seeing you soon!



Sincerely,  
Lisa Reily RD,LD, CNSC



President	Lisa Reily RD, LD, CNSC
President-Elect	Jessica Shaw MS, RD, LD
Treasurer	Lisha Smathers RD, LD, CNSC
Treasurer-Elect	Alyson Dykstra RD, LD
Secretary	Mary Shilling MA, RD, LD
Secretary-Elect	Jennifer Southard MS, RD, LD
Bylaws	Kristine Knox MA, RD, LD
Nominating Chair	Maggie Finnegan MS, RD, LD
Nominating-Elect	Sarah Barnes MS, RD, LD
Nominating Committee	Kristen Mund MS, RD, LD
Historian	Melissa Church MS, RD, LD
Membership	Amber Pickard RD, LD
Communications	Leah Hoffman MS, RD, LD, CNCS
Publications	Ashley Hale, MS, RD, LD
Corporate Sponsorship	Hollie Kirby MS, RD, LD
Public Relations	Katy Soper, UCO student
Student Relations	Stephanie Deberry MS, RD, LD



# OCDDA September Meeting Summary

Jessica Shaw MS, RD, LD

Deborah Taylor, RD/LD, SNS, helped OCDDA kick off the year with a great presentation, "Combating Childhood Obesity: Are We Winning some Battles but Losing the War?" Deborah provided an overview of how public schools are fighting hard to "win the war" on childhood obesity while giving insight into how these seemingly positive efforts might be harmful. More specifically, she described current feeding practices used in schools along with

the positive and negative effects these practices have on students' eating habits. Her presentation emphasized how school systems, in their efforts to decrease childhood obesity, currently focus more on "what" children eat rather than "how" children eat. The audience left the presentation with the tools needed to help "win the war" on childhood obesity by implementing the strategies that yield positive effects and focus on "how" children eat.

Deborah's slides are available on the OCDDA website under the CE Meetings tab. [www.ocdda.org](http://www.ocdda.org)

### Dates to Remember:



#### Tuesday, November 13, 2012 (Diabetes Awareness Month)

- Physical Activity and Exercise in the Type II Diabetes Patient: A Clinical Perspective
- Michelle Phillips, MS, RCEP
- Social 5:30-6:00  
Presentation 6:00-7:00  
Oklahoma Cancer Center

#### Saturday, December 1, 2012

- Last day to turn in Membership Form to be included in directory

**Why  
Join  
OCDDA?**

Networking!!  
Continuing  
Education!!  
Membership  
Directory!!  
Newsletter!!

## OCDDA October Meeting Summary

HealthCorps – Empowering the Next Generation

HealthCorps was founded by Dr. Oz and is currently in 14 states at 70 high schools. Ryan Fightmaster works for HealthCorps at Astec Charter School, the first school in Oklahoma to participate in the program. The three components of HealthCorps are nutrition, fitness, and mental resilience and it focuses on both students and staff. Classes are taught weekly, there are "fooducation" events in the cafeteria, and there is an after school club called RISE (Ready. In-Shape. Everywhere). Some of Ryan's observations about students were: they have never been told why they should eat healthy foods, every food decision they make is based on taste, many do not know what the nutrition label is, and the younger the student the easier to influence. HealthCorps is an exciting addition to Oklahoma schools and will hopefully partner with more schools in the future to empower the next generation!



# CAMPUS OR N E R



We are half way through the fall semester, and our Senior Coordinated Program students have begun their clinical rotations. They also completed nutritional education presentations at Sequoyah Middle School in September, and at Family Expectations in October. Many of our students volunteered at the 5.2.1.0 event which was a health fair centered around the importance of nutrition (5 fruits and vegetables everyday, less than 2 hours of screen time everyday, 1 hour of physical activity everyday and 0 sugary beverages everyday). Students also volunteered with the Walgreens Wellness tour.

Our Masters of Arts students are well on their way to graduating in December. Dietetic intern, Alison Powell, was featured with our preceptor and Homeland dietitian, Alyson Dykstra, on FOX 25 morning news with the weekly healthy recipe demonstration. Our dietetic interns have begun the final leg of their dietetic internship and will also be graduating in January.



The SDA has been off to a busy start with a Book Sale that raised over \$400 that will be used to improve our organization and further our reach on campus. September 22<sup>nd</sup> lead us to the Redman Triathlon where we celebrated Oklahoma's own athletes for their incredible diligence and effort. This event was so much fun and proved as a great introduction between members. Two of our students, Sara Shipley and Sara Rakowski, were able to make the trip to FNCE. They were able to hear from professionals in various nutritional studies from all across the country and take in the culture of a major New England city.

After a variety of community rotations this summer including WIC, dialysis, The Children's Center, Edmond public schools and cooking demonstrations at the Oklahoma state fair with the Beef Council, the dietetic interns are finishing up clinical and management rotations. The clinical interns are relieved to be done with their case studies and eagerly anticipating graduation in December and the next step in their careers. A big thank you to all the dietetic intern preceptors!





## FALL 2012 OCDAA UPDATE

### 2012-2013 Oklahoma City District Dietetic Association MEMBERSHIP FORM June 1, 2012-May 31, 2013

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

EMPLOYMENT/POSITION: \_\_\_\_\_ SPECIALTY: \_\_\_\_\_

Other professional involvement/positions held: \_\_\_\_\_

Academy of Nutrition and Dietetics member number: \_\_\_\_\_

Circle Credential(s):

PhD MS RD LD CNSC CDE PLD CDM DT Other: \_\_\_\_\_

Membership Classification (Circle One):

\$25.00 annual fee  
Active

\$12.00 annual fee  
Retired

\$12.00 annual fee  
Associate (students)

\*Please complete ALL information below – **even if you are a returning member!**

Please print or write legibly and provide **two** e-mail addresses. E-mail will be our only source of communication, unless a working e-mail address is not available.

BUSINESS ADDRESS: \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_  
Email \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_  
Email \_\_\_\_\_

\*If you do not have an email address, please check your preferred mailing address and phone #\*  
Mail: \_\_\_\_\_ Business \_\_\_\_\_ Home \_\_\_\_\_ Phone calls: \_\_\_\_\_ Business \_\_\_\_\_ Home/Cell \_\_\_\_\_

If you would like to join OCDAA to network with colleagues, participate in low-cost continuing professional education activities, receive our newsletter, and support successful dietetics practices, please complete this form and return to the address below with the applicable fee (Academy of Nutrition and Dietetics membership is required, make checks payable to OCDAA). Memberships are gladly accepted anytime throughout the year, but please return this form with your payment by Saturday, **December 1, 2012** to be included in this year's OCDAA Directory. Members are not required to live in the metro area and are encouraged to support the dietetic association of their choice.

MAIL TO: **Amber Pickard**  
**842 SW 19<sup>th</sup> St. Apt. 204**  
**Moore, OK 73160**

# **Join OCDDA for Diabetes Awareness Month!**

**Physical Activity and Exercise in the Type II Diabetes Patient: A Clinical Perspective**

Michelle Phillips, MS, RCEP

Tuesday, November 13, 2012

Social 5:30-6:00

Presentation 6:00-7:00

Peggy and Charles Stephenson Oklahoma Cancer Center

800 NE 10th Street, Room 5058

Oklahoma City, OK 73117

Visit [www.ocdda.org](http://www.ocdda.org) for more information

